

# FY2014 CHNA&HIP Progress Report

## Mahaska County

### Community Health Improvement Plan

GOAL	Strategies	Progress on Strategies
Reduce obesity population in Mahaska County. The 2008 Community Health Status Report showed 20.5% of Mahaska County residents obese. For children 0-5 years enrolled in WIC in Mahaska County 17.1 % of children were >95th%. Placing Mahaska County 85th compared with all other Iowa's counties (rank 1 = best).	Expand the STEP Program (Start to Eat Healthy) which promotes healthy life styles with proper diet and exercise for young teens by researching funding options or grants so teens who want to enroll but can't afford to pay for the program can be offered this service.	The Youth Create Your Weight program through MHP dietician has not been offered in the last 2 years. It was difficult to get participants that could afford the cost of the class.
	Identify in our community other programs that are available and assist in reaching the targeted audience.	Mahaska Wellness Coalition was formed in 2011 and meets every 1-2 months. The coalition re applied Blue Zones Grant and Oskaloosa was ACCEPTED to be a Blue Zone demonstration site. This was a very big accomplishment. Blue Zones staff has been hired and is working with numerous entities to become a healthier community. Mahaska Wellness Coalition continues to promote the Live Healthy Iowa 100 Day Challenge as well as other LHI activities and coordination with the Blue Zone project.
	Collaborate with local existing agency and programs that have strong evidence-based programs, investigate funding sources to secure funding for as many participants needed.	Blue Zones (BZ) Grant gives Oskaloosa the opportunity to do many projects in the community. Currently, staff is working with grocery stores, restaurants, schools, city council in Oskaloosa. BZ is also working with local business's to achieve healthy life styles and develop wellness programs for employers that will benefit employees as well as employer benefits. BZ project has 6 employees both full and part time. the Community funds 3 position and BZ funds 3. Mahaska Health Partnership which is contracted by the BOH to provided Public Health services in Mahaska County is actively involved in the Blue Zones project providing office space and employment for one full-time Blue Zones position.

GOAL	Strategies	Progress on Strategies
<p>Establish a Child Abuse Council in Mahaska County with programs that will support, educate and prevent child abuse. Decreasing the rate of abused children in Mahaska County.</p>	<p>Collaborated with current local agency and programs to find what needs of the youth in community are not being served.</p>	<p>Mahaska Safe Kids is the local Prevent Child Abuse council that meets monthly along with CPPC (Community Partnerships for Protecting Children). Multiple local agencies attended and topics on what services are available in the community as well as what needs are not being met. MSK has obtained funding to continue promoting the Period of Purple Crying. DVD's are purchased for the local Birthing Center to distribute to each mom that delivers there. Mahaska Health Partnership Public Health Perfect Beginnings program that offers a onetime visit to each mom and baby that delivers at MHP Birthing center. During this home visitation program the registered nurse follows up with dose 2 of the Period of Purple Crying Curriculum. Mahaska Safe Kids also this past fiscal year has been able to sponsor the Stewards of Children/Darkness 2 Light Training for adults working with children to decrease the risk of child molestation. 2 of 3 classes have been well attended with approx. 37 people that are primarily daycare workers or adults who work with children.</p>
	<p>Explore funding to establish a program that would sustain multiple program services.</p>	<p>This past year a grant was written by Mahaska Safe Kids and obtained from Mahaska Wapello Early Childhood Iowa to fund the above trainings and DVD purchases as well as community awareness. Mahaska Safe Kids held the First annual Kids 4 Kids 4K, this included over 10 local agency that work with children and a 4K walk with information regarding the rates child abuse in Mahaska County. This event was well attended by children and parents or adults. An art auction was also a activity that was sponsored by MSK where a blank canvas and paint supplies was given to local area residents and displayed in a local business and then auctioned off with the proceeds going to MSK for future projects. This year due to the grant funding from Early Childhood Iowa a part-time staff was also able to coordinate these activities which was a great resource as articles in the local paper and information on child abuse was provided to the community.</p>

GOAL	Strategies	Progress on Strategies
To reduce Mahaska Hospital readmissions by 5% in the next year. Decreasing the number of readmissions within 30 days from discharge of Mahaska Hospital.	Transitioning patients from hospital to home with specific material based on their diagnosis. Phase 1: Will roll out a CHF transition program by August 1, 2010. Will include patient specific CHF materials and nursing instruction with a method to verify patient or caregiver understanding called teach back.	No updates available at this time, current available data remains: We MHP (Mahaska Health Partnership) Hospital met our goal of reducing readmissions by 5%. FY 2011 (baseline) 9.46%. FY 2012 was 9.12%. Reducing readmissions remains on our strategic goals for FY 2013.
	Phase 2: Free Community workshop on CHF.	Free Community workshops continue. It is now being administered through the Cardiac Rehab Department and includes information on general heart health as well.
	Phase 3 Identifying the outpatient touches that the patient has including ER visits or other various interventions.	Due to decisions to transition from Health land EMR to Centriq EMR the tracking of ED touches has not been implemented. It will be implemented after the ED is on an EMR. Update on the EMR, Centriq is currently in use since May 28, 2014 so as staff learns this new system next steps with tracking will be implemented as well. We are currently tracking readmissions from Home Health for continuous improvement in the transition program.
	Roll out a COPD transition program.	COPD folders have been completed with disease education, diet education, medication education and activity education. It is being given to all pts. admitted with a diagnosis of COPD. This folder is also going with the patient for the Home Health nurse to review.
	Develop a Diabetes transition program.	A team has been assembled to look at best practices and determine what interventions will need to be started for the Diabetic population. Interventions and measurement will begin in early FY 2014. This project continues to be developed.